

Quick Tips:

1. Calculations are based on parallel shafts. If using tapered wood or front loaded carbon shafts then the dynamic arrow spine will be slightly weaker and the FOC % will be slightly higher. To estimate this influence, subtract 2# from the arrows dynamic spine number and add 1.5% to the FOC number shown.
2. A heavy arrow crown/cresting or thick crown wrap will increase the dynamic arrow spine so add the appropriate weight along with the nock weight in box **6**.
3. If using multiple or extra heavy string silencers on your bow then the required dynamic arrow spine will be slightly reduced. Subtract 2# from the bows required dynamic spine number.
4. Most common errors can be attributed to:
 - a. Using an incorrect draw weight. Many bow can be off as many as 4# from the marked weight.
 - b. Using an incorrect draw length. Your draw length may vary depending on the specific bow.
 - c. Incorrect centershot position (including strike plate) .Double check these both by actual measurements whenever possible.
5. Fine tuning tips:

Once the arrow dynamic matches the requirement of the bow (approx within 2#) then fine tuning can be accomplished in a couple ways:

 - a. Brace Height:
 - If the arrow is slightly weak (lower dynamic spine) for what the bow needs, then lower the brace height.
 - If the arrow is slightly stiff (higher dynamic spine) for what the bow needs, then raise the brace height.
 - b. Shelf Cut:
 - If the arrow is slightly weak (lower dynamic spine) for what the bow needs, then build out the strike plate slightly. Amount required can be estimated by changing the "Shelf Cut" number in the Bow Input section to match the weaker spine.

Instructions for use -----

Enter Arrow Information:

1 Arrow Shaft Size

Select from the drop down menu the arrow size that will be used. The menu contains most popular Easton XX75/78 and X7 series arrows. There are also many popular carbon arrow shafts listed. If you are using a carbon or an aluminum size not shown, then choose "Other" and enter the actual shafts static spine, weight (GPI), and shaft diameter in the three boxes directly below. If you are using a wood shaft select the "Wood Shaft" option and enter the same information in the three boxes below.

NOTE:

A. The static spine must be per the AMO standard (2# @ 26" centers). **Most carbon and aluminum arrow manufactures do not report spine in this way.**

They report spine numbers based on an ASTM standard using 1.94# @ 28" centers.

Convert ATSM spine to AMO spine by dividing by 0.825.

A static spine converter is included above and is useful if the specific shafts deflection is known.

B. The weight should be entered in grains per inch (GPI) of the bare shaft. If a weight tube that runs the entire length of the shaft is being used then make sure to combine it's GPI with that of the shaft itself. This will affect the dynamic spine of the arrow.

C. Enter the outside diameter of the shaft in inches (ex:0.344)

2 BOP Length

Enter the Back Of Point shaft length. This is the length from the back of the point (BOP) to the bottom of the arrow nock groove where the string touches.

3 Point Weight

Enter the point weight that will be used.

4 Insert Weight

Enter the weight of the insert being used on an aluminum or carbon shaft.

Ex: 5/16" aluminum insert weighs ~16 grains, a 11/32" aluminum insert weighs ~ 30 grains. CE 150 insert weighs 11 grains .

Remember to also take into account any weights that are added behind the insert.

5 Footing

If an internal OR external footing is being utilized then select "YES" from the drop down menu. In the boxes below enter the length of the footing in inches and also the total weight of the footing.

- An example of an internal footing would be any insert with a length greater than 0.9" (std. insert length). In that case enter the amount greater than the 0.9" that is already accounted for automatically.
- An example of an external footing would include be an aluminum shaft glued over the outside of a carbon shaft. In the case of an external footing enter the total length and actual weight.

6 Nock End Weight

Enter the total weight of the nock and/or nock insert. If an arrow crown wrap is being used then it weight should also be added.

Ex: A 11/32" Bohning Classic Nock weighs 13.5 grains. A CE Nock weighs 9.8 grains. A wrap typically runs between 6 to 15 grains.

7 Fletching

Select from the drop down menu the type of fletching that will be used. The calculation assumes the std. weight of Trueflight feathers or a total of 32 grains for three generic 4" vanes. If a specific vane is used that differs from this weight then simply add/subtract the difference from the Nock End Weight.

Arrow Results:

Total Weight

The assembled arrow's final weight is automatically calculated and displayed in this box. Aluminum and carbon weights will be very accurate. Wood arrow finishes are not accounted for due the variability of types and application techniques. If desired, this additional weight should be added to the total for wood shafts (*A typical wood arrow finish runs about 10 grains*) or be included in the wood shafts GPI weight.

Specific Weight

The specific weight is the Grains Per Pound of your arrow setup relative to the bow information and your draw length entered in boxes **8 ~ 11**. Some manufactures recommend a specific GPP for their bows. A good general rule of thumb is ~9 GPP for a target/3D arrow and around 10+ GPP for a hunting arrow.

F.O.C. % (Forward of Center)

This is the measure of how far forward from the center of the shaft is the balance point. A minimum amount of approximately 5% is necessary to ensure stable arrow flight. Too much F.O.C. will result in a increase in arrow drag and will limit effective cast. Recommendations are:

- For 3D / Target shooting try to remain in the range of 8% - 12%. This will ensure stability while maintaining a flat trajectory.
- For Field / Hunting try to remain in the range of 10% - 20%. The effect on trajectory at normal hunting distances will be minimal and the chance of arrow deflection if contacting leaves or small branches will be minimized. Increased penetration has been reported with a higher F.O.C.%

Speed

The initial arrow speed is predicted and reported in feet-per-second. This prediction is made relative to all the arrow and bow inputs (boxes **1 ~ 11**). The equation has been calibrated to a shooting machine and has a typical error within +/- 2 fps. This number should be considered as a maximum as a "dead" release or tab drag can often cause a slight decrease in speed.

Energy

The kinetic energy of the arrow based on it's initial velocity is displayed in ft-lbs.

Enter Bow Information:

8 Bow Type

Select from the dropdown list the bow type that matches closest. Use the "Selfbow/Longbow" setting for an all wood bow or a traditional longbow with straight limbs. Use the "Deflex/Reflex Longbow" selection for modern longbows with curved limbs and modern materials.

The "Recurve" category is self explanatory. The "Performance Recurve / Horsebow" option should be selected when a high efficiency design such as an A&H ACS or foam core/carbon limb design is utilized. Also a highly recurved short bow or horsebow utilizing modern materials should use this setting.

9 Rated Weight

Enter the rated weight of your bow in pounds. *Ex: **45#** @ 28"*

Note: It is always wise to confirm the actual draw weight as the bow makers marking are sometimes off or perhaps the bow has relaxed from age/set.

10 Rated Draw

Enter the draw length in inches at which the bow is rated. *Ex: 45# @ 28"*

11 Your Draw

Enter your own actual draw length in inches. Don't assume that you draw a standard 28". Have a friend mark an arrow at the front of your bow hand when at full draw and at your correct anchor. Your draw length is from that mark to the bottom of the arrow nock groove where the string touches.

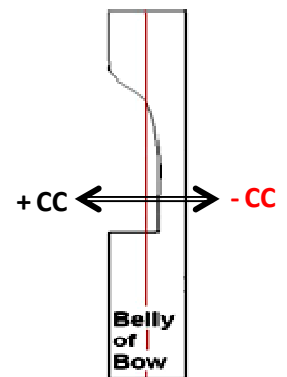
12 Shelf Location

Select from the drop down menu the amount of center cut of your bows riser window. Use the actual measurement of your actual bow to the surface of the strike plate where the arrow rests.

Ex: Reference the attached sketch to the right.

True center cut is = 0. Plus +1/8" would be less than center cut (strike plate surface is outside of string centerline), and -1/8" would be more than center cut (strike plate surface is inside of the string centerline).

Most recurves are center cut or more, most long bows are slightly less than center cut.



13 String Material

Select from the drop down menu the type of string material that is being used.

Results:

After each cell (8 to 13) has been entered the recommended arrow dynamic spine for your bow will be displayed. This spine is theoretically correct for that bow set-up and only minor tuning (see notes above) should be required to achieve good arrow flight. This assumes a good form and release. (*Ex: A poor release or "plucking" will require a weaker dynamically spined arrow to compensate for the exaggerated string deflection.*) Each individual shooter is unique and some "experimenting" will be required to dial in the number perfectly. Once you have settled on the optimal dynamic number for an arrow then simply match that number with other new arrow configurations and the same flight performance can be expected.

3. Compare Dynamic Spines:

Compare the dynamic spine required by the bow setup to the one calculated for the specific arrow parameters entered (two black boxes). These numbers should be as close as possible to ensure that fine tuning can be successfully accomplished with brace height and minor shelf adjustments (see notes above). If the two numbers are more than ~2# apart then modify the arrow design inputs in order to reduce the variation. The arrow point weight and shaft length are generally the most feasible and effective to modify.